

EMERGENCY PREPAREDNESS SUGGESTIONS

NOT IF, BUT WHEN WE HAVE A MAJOR EARTHQUAKE, OR OTHER DISASTER, YOU WILL WANT TO BE PREPARED. EMERGENCY WORKERS MIGHT NOT BE ABLE TO REACH YOU FOR TWO OR THREE DAYS. SERVICES COULD BE OUT FOR MORE THAN THREE WEEKS. YOU SHOULD BE PREPARED.

Community Emergency Preparedness Academy (CEPA)

The City of Lake Forest has established a program to provide emergency response teams. They are usually your neighbors who have received professional training to support the local community and complement the local government and emergency services.

The theory behind CEPA is based on a simple observation that in major emergencies, professional emergency services are going to be instantly overloaded.

For example, in a city with 100,000 people, usually only five fire stations with perhaps forty firefighters and two police stations staffed with thirty officers are on duty at any time. This is adequate for normal emergencies, rescues and crimes.

In the above community, if a mass emergency traps or injures just two percent of the inhabitants, there will be instantly 2,000 victims needing care. The telephones will fail from being overloaded. Roads, bridges, electricity and other services may fail, hampering the delivery of emergency services. Normal food, water and fuel supplies may last only a few days. However, the results of the emergency could last for several weeks.

If only professionals respond to the mass emergency, they can only handle a fraction of the 2,000 victims. As many as three quarters of the victims could die while waiting for rescue and treatment. After an hour, untreated victims may go into shock and could die. After two days, people who are trapped will begin to die from injuries and thirst. Many of these deaths could be prevented by simple rescue techniques and first-aid procedures.

In this environment CPA workers can be backup for the professionals, and would be far more effective than untrained personnel. With approximately 40 hours of training, volunteer emergency responders are qualified to perform about 90% of needed field emergency services. These rescues, life-saving triage and first-aid procedures can be available in the first 24 hours when rescues and first-aid are most critical.

TO ASSIST YOU (IN ORDER OF IMPORTANCE) IT IS RECOMMENDED THAT

TODAY

PREPARE: GET FOOD, WATER, FIRST AID KIT, FLASH LIGHTS, AND A NON-PORTABLE PHONE OR A CELL PHONE; A FIRE EXTINGUISHER, A SUPPLY OF CAMPING OR SURVIVAL FOOD AND WATER, AND HAVE A COPY OF IMPORTANT PAPERS, INCLUDING A COPY OF YOUR MEDICAL PRESCRIPTIONS (KEEP AN EXTRA COPY IN YOUR CAR).

KEEP A TWO WEEK SUPPLY OF PRESCRIPTION MEDICINE (PET MEDICINES TOO).

*LEARN BASIC FIRST AID AND SURVIVAL TECHNIQUES.
THE RED CROSS, THE CITY OF LAKE FOREST AND OTHER
ORGANIZATIONS PROVIDE TRAINING.*

WHEN IT HAPPENS

MOVE OUT OF HARMS WAY: A MAJOR QUAKE ON, FOR EXAMPLE, THE NEWPORT TO LONG BEACH FAULT LINE, COULD RESULT IN POSSIBLY AS MANY AS 400,000 BUILDINGS COLLAPSING.

1. **During the quake**, get into the hallway or closet, or get next to bed, a large desk or heavy sofa to form a safe spot. TVs, refrigerators, dressers, computer may all crash down on you. Door frames do not provide good protection (the header could crash down on you).
2. While on the floor, cover your head with a pillow to protect it from falling material.
3. After the shaking stops, check to see that you and family members are OK. If injured get the first aid kit. (Hopefully you will have learned some first aid.) If there is a small fire, get the extinguisher. If there is structural damage, or an uncontrollable fire **GET OUT**. Calling 911 will probably not provide any help since thousands of people will be calling at the same time and there are a very limited number emergency phone lines.

4. Check the stove, dryer and water heater for gas leaks. Have an outdoor gas shut off key chained to the gas meter at the valve (available at hardware store). Know how to shut off the gas. If your house is safe, check on your neighbors.
5. Your next concern will be survival for several days to possibly three week. You will need 1 gallon of clean water per person per day for drinking. Today order a 55-gallon emergency water tank for outside your home. Fill your bathtub while there is water pressure and a reasonable chance that the incoming water will not yet be contaminated. You also have safe water by draining your hot water tank, but you may need to drain it from the bottom of the tank since there may not be water pressure. Your toilet tanks have safe water. If you can, fill large containers with water. You can live for many days without food, but only a few days without water.
6. If someone is seriously hurt, and you can not reach emergency services by phone, take an emergency backpack and try to reach a hospital. Remember many roads, bridges and overpasses may be down, so plan your route now. Keep an emergency backpack in your car, along with sneakers and warm clothing. (Emergency kits are commercially available, or you can build one; include a whistle and matches). Have one for each car and one for your home.
7. Many of your windows may be broken. You should have a roll of heavy plastic, a tool box, nails and some pieces of wood to cover your windows, especially during winter or rainy season.
8. In advance, get a windup radio/light device. Batteries and candles will not last.
9. Have a family out-of-town phone contact, but remember telephone service, including cell phones, may be out for many days.
10. Don't drink the water from your pool. The minerals from the plaster could damage your kidneys. Get a hand RO (reverse osmosis) water filter pump from a camping store. Boil your water if in doubt.
11. Check on your neighbors, you might just be able to save someone's life. Isn't that what neighbors are for?

FOOD SUGGESTIONS:

Have five to ten days worth of food available.

Eat the perishable food first

Eat the refrigerated food next

Eat the frozen food third

Then eat canned or dehydrated food. Have extra pet food.

You should keep at least \$100.00 cash in coin and small bills. Many ATM machines and banks may not be working, so the cash may help carry you over.

You should also have at least two weeks worth of prescription medicine with a copy of your prescriptions, because your pharmacies may not be open for several weeks.

Hopefully you have a charcoal or propane barbeque. The gas, electricity and water may be out for weeks. Have matches or a lighter.

Have a photocopy of important documents: birth certificates, wills or trusts, home deed, auto ownership, insurance policies, etc.

If you live in a high fire danger area, you should already be organized with your important material now: papers, photo albums pet foods, medical supplies and medicines, first aid kits and emergency clothing. Store them in plastic containers in your garage.

We hope these suggestions are never needed, however, it is better to be prepared than wish you were after a disaster hits. Some major crisis seems to happen somewhere in the world every year. We pray you will never need to use this, but **BE PREPARED.**

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